



A SYRIAN WEDDING  
'To show that  
life is stronger  
than death'  
metroNEWS



# Halifax metro



HOOP DREAMS  
We need to talk  
about NBL Canada  
metroNEWS

Your essential daily news | TUESDAY, FEBRUARY 9, 2016

High -2°C/Low -8°C Snow



## Blizzard shuts down city

### WEATHER

### HRM businesses and residents 'well-prepared'



**Kristen  
Lipscombe**  
Metro | Halifax

Get out your shovels and snowblowers.

Residents across Halifax Regional Municipality are expected to be digging out from under about 30 centimetres of the white stuff Tuesday after a blizzard battered the province.

Up to 50 centimetres of snow was expected in Cape Breton, with flurries to continue across the province throughout the day Tuesday.

In anticipation of "the pending forecast," Halifax regional school board had announced by 6 a.m. Monday that schools were closed, while many offices and post-secondary institutions had shut down by mid-afternoon.

Snow started blowing and winds were howling by about 3 p.m., but early storm warnings had already prompted most drivers to stay off the roads and residents to hunker down inside.

Halifax Transit had switched many bus routes to snow plans by 4 p.m.,

while most flights coming and going Monday evening from Halifax Stanfield International Airport were cancelled.

"We don't have one weather-related call on the go right now," Staff Sgt. Andrew Matthews of Halifax Regional Police said shortly before 7 p.m. on Monday. "When people are well-prepared for it, that makes our lives a little easier," he said of the winter weather.

By 8 p.m. Monday, about 10 centimetres of snow had already fallen in the Halifax area, with winds gusting at about 60 kilometres, according to Environment Canada meteorologist Andy Firth, who works out of the Atlantic Storm Prediction Centre in Dartmouth. Comparatively speaking, White Juan in February 2004 brought with it close to 100 centimetres of snow to the city. "It's not even comparable in terms of impact," Firth said.

### + #STORMCHIPS

One Halifax inn hoped to lure storm-stranded guests. The Atlantica Hotel tweeted it was offering a special, \$89-plus-tax rate that "includes your own bag of #StormChips!"

THE CANADIAN PRESS



**Pedestrians battle heavy snow as  
they walk down Spring Garden Road  
on Monday.** JEFF HARPER/METRO



# SHE'S BACK!



Open daily from 10AM-5PM,  
Wednesdays open late until 8PM!

Check out our NEW SUE Birthday Party Packages!

**Discovery Centre**  
Nova Scotia's Hands-On Science Centre

The exhibit is supported by the Hall-Museum Group, Ltd.  
Image: © The Hall-Museum Group, Ltd.









William Sandeson enters Halifax provincial court on Monday at the start of his preliminary inquiry into the death of Taylor Samson. JEFF HARPER/METRO

# Sandeson eager to partake in his own defence: Lawyer

## PRELIMINARY INQUIRY

### Man accused of killing Dal student driven to learn law



**Zane Woodford**  
Metro | Halifax

The lawyer for a Halifax man accused of killing a fellow Dalhousie University student last year said Monday his client is taking a keen legal interest in his own case.

William Sandeson, 23, is accused of first-degree murder in the killing of Taylor Samson, 22, in August.

Sandeson's preliminary inquiry began Monday in Halifax

provincial court, and his lawyer, Eugene Tan, said he's been "putting every single minute to good use" while in custody.

"He's a person who's able to focus and buckle down, so he wants to participate in his own defence," Tan said during a break at court Monday.

"He's reading everything, he's studying everything, and he's taking the opportunity to basically teach himself about the law as well."

Tan said while most of his clients are interested in their

cases, few get as involved as Sandeson — who was taking notes during Monday's proceedings.

"Given his advanced education, and his personality, he's particularly driven," he said.

Sandeson was about to begin his first year of Dalhousie Medical School in August when he was arrested and charged with killing Samson.

After searching properties in Halifax and in Lower Truro, police never found the 22-year-old physics student's body.

Two police officers who worked on the case testified in court on Monday. Their testimony is protected by a publication ban intended to keep the jury pool untainted and Sandeson's right to a fair trial intact.

The preliminary inquiry is scheduled to last eight days in Halifax provincial court.

"Obviously there's a lot of evidence that we anticipate putting in the preliminary inquiry," Crown attorney Susan MacKay said outside the courtroom. "I can't talk about what it is, but we expect that we're going to need the eight days that have been put aside."

MacKay said the Crown will be calling more than a dozen witnesses to the stand, and Tan said he has some witnesses under subpoena who he plans to call.



**Taylor Samson** CONTRIBUTED

Tan said his client will make his elect to be tried either by judge and jury or judge alone at the end of the inquiry.

The proceedings are scheduled to resume on Wednesday morning.

## DARTMOUTH

### Indecent act under probe by police

Police are investigating an indecent act that occurred Sunday afternoon in Dartmouth.

At about 3:30 p.m., three young girls were playing in the parking lot of an apartment building on Kennedy Drive when a minivan pulled in and parked nearby.

The male driver and sole occupant of the vehicle opened the sliding passenger door and could be seen masturbating, according to a police release.

The man left the area shortly after the incident. Police were unable to find him or his vehicle. METRO

## + SUSPECT

The suspect is described as an older man. At the time of the incident he was wearing jeans and a red sweater or jacket. The van was a blue, older model minivan.

## CRIME

### Drugs and cash seized in search

A 29-year-old man is facing charges following drug search in Dartmouth.

At 6:40 p.m. police executed a search warrant at an apartment on Nivens Avenue where they seized quantities of cocaine, marijuana, drug paraphernalia and a sum of cash.

During the search on Friday, officers arrested Jason Kyle Deyoung of Dartmouth.

He was remanded into custody for the weekend and was scheduled to appear in court Monday.

METRO

## + CHARGES

Jason Kyle Deyoung of Dartmouth faces charges of possession for the purpose of trafficking in cocaine and possession of marijuana.

## APPEAL FOR HELP

### Daughter of woman killed in fire seeking answers

A Nova Scotia woman heartbroken over the tragic death of her mother in a suspicious fire a year ago is appealing to the public for help.

Adrianna Reichard, 26, of Shubenacadie said she suffers nightmares every night thinking of her mother, the late Donna Mae Hannaford, of Langan Road in Sydney.

"I wake up in sweat — it's the same horrible nightmare every time," she said.

"Not knowing what happened is horrible — it hurts my heart, it hurts my whole family."

Reichard is urging anyone with any information on the fire or her mother's death to contact the Cape Breton Regional Police.

"We need to find out so my mother can rest in peace."

The badly burned remains of Hannaford, 50, were found in the house Hannaford and her boyfriend were renting at 911 Langan Rd., on Jan. 19, 2015. The fire, which broke out at about 3 a.m., destroyed the one-storey house. Police confirmed at the time they had located the man

who was living there but said little else about the case other than it remains under investigation.

Neighbours spoken to on the day in question said they knew the couple to say hi, commenting the couple had only moved in the year previous and mostly kept to themselves.

Reichard said she spoke to

her mother a few days before her death because her mother had sent her a birthday present in the mail.

She said they were close and texted almost every day.

"I then talked to her in a text message the night before she passed away," she said.

Reichard said her mother appeared happy. TC MEDIA





Halifax Hurricanes Joseph Bertrand, left, defends against Saint John Mill Rats Gabe Freeman in National Basketball League of Canada action in Halifax on Jan. 28. ANDREW VAUGHAN/THE CANADIAN PRESS

# Chasing hoop dreams in the NBL

## BASKETBALL

### Halifax squad one of eight teams in the fledgling circuit

Since he turned pro eight years ago, Arizona-native Gabe Freeman has gotten around: He has played in Mexico, the Philippines, and in Rochester, N.Y.

Now, the slashing, athletic forward plays for the Saint John Mill Rats of the startup National Basketball League of Canada, where eight teams in two divisions based in southern Ontario and the Maritimes struggle for recognition and ultimately survival.

"This is a grind, man," the 2011 league MVP said following a recent game against the Halifax Hurricanes.

Freeman is typical of the many players sweating it out several rungs below basketball's top tier — good enough to play professionally, but in medium-to-small centres like Halifax, Charlottetown, Saint John, N.B., and Orangeville, Ont.

It's a universe away from the elite players gathering in Toronto this weekend for the NBA All-Star game, where even the losers

earned US\$25,000 last year for the single game, according to the NBA collective agreement. NBA teams have a salary cap of US\$70 million this season.

In places like London, Ont., basketball nomads like Freeman, 30, test their mettle in an effort to keep their hoop dreams alive.

"Any time you can play basketball and you are getting paid for it, you have not too much to complain about," said Halifax Hurricanes guard Cliff Clinkscales. The 31-year-old from Queens, N.Y., is playing in his third season in Canada after previous stops in the NBA Development League.

Freeman is doing his second stint in the NBL after previously playing for the London Lightning.

The action on this night featured a silky smooth performance by Freeman, who at times seemed to glide through the Hurricanes' defence at will.

By game's end his 22 points was second only to the 26 scored by teammate Johnny Mayhane, whose hot shooting helped the New Brunswick club easily outdistance their division rivals.

It would be clear to any observer that these guys can play, yet the league is home to players, mostly Americans, who are



The Weather Girls, the Halifax Hurricanes cheerleaders, perform as the Hurricanes play the Saint John Mill Rats. ANDREW VAUGHAN/THE CANADIAN PRESS



**We're a long ways from spoiled but it's a way to feed our family and we've just got to do what we've got to do.**

Johnny Mayhane, Saint John Mill Rats

destined to travel basketball's global food chain.

Many have played in leagues around the world, from southeast Asia and Europe to South America and Mexico, and for most the journey has been as distant from multimillion-dollar

paydays and travel by chartered jets as you can get.

"You've really got to love this game to do what we do," said Freeman. "We don't make the best money but we are all trying to get somewhere and sometimes you have to sacrifice the

financial part to get to where you want to go to make the money."

For Freeman at least, getting to where he wants to go means there's still an NBA dream, however fleeting.

"I think that's what we all play this game for, whether it's for a three-day contract, a 10-day contract or whether it's just to play one game," he said. "We all do this to go to the next level I would think — that's the reason why I play."

For now it means playing in the CBL, mostly before sparse

**\$150,000**

Salary cap, per 12-man squad, for teams in the NBL.

crowds and for teams trying to gain a financial footing.

An adult ticket for the Halifax-Saint John game cost \$19; perhaps a thousand people watched at the Scotiabank Centre, an arena that holds 10 times that.

Ian McCarthy, president and general manager of the Mill Rats, helped start the NBL with business partner Andre Levingston in 2011.

McCarthy said it had been a "tonne of work" getting the league into its fifth season.

"I think if you look at the history of any league in its startup years you see teams come and go, you see names changed, relocation — it's sort of a survival-of-the-fittest mode. It does need to be viable but there are strong ownerships in this league that are willing to invest until it gets to that point."

The CBL plays a 40-game season that runs from late December until the end of April.

THE CANADIAN PRESS





This image posted on a militant website in January 2014 shows ISIL fighters in Raqqa, Syria. THE CANADIAN PRESS/THE ASSOCIATED PRESS

# Canada to end bombing mission against ISIL

MIDDLE EAST

## Trudeau says size of training troops to triple

Canada will end its bombing missions against the Islamic State of Iraq and the Levant (ISIL) targets within weeks as it moves to triple the size of its training contingent to assist Iraqi forces on the ground.

Prime Minister Justin Trudeau on Monday laid out the Liberal government's new approach to combat ISIL fighters as he an-

nounced that Canada will remain engaged until Mar. 31, 2017.

As the Liberals pledged during the election, Trudeau confirmed Monday that the bombing missions by CF-18s will end no later than Feb. 22. However, operations by two surveillance aircraft and an air-to-air refuelling jet will continue.

In its place, Canada will triple the number of the military trainers. The military now has 69 trainers on the ground in northern Iraq.

As well, the government will deploy medical personnel to provide training to Iraqi forces in

how to treat battle-field casualties.

Canada will also provide weapons — small arms, ammunition and optics — to help with the training of local forces.

The government also announced it was stepping up its humanitarian aid to assist with the flood of refugees fleeing the violence. Ottawa will earmark \$840 million over three years to provide shelter, food, health care and other essentials.

The government said the chan-

**\$270M**

Budget for improving local capacity in education, health, water and sanitation.

ges will see the complement of military personnel dedicated to the mission rise to 830, up from 650 now.

The prior Conservatives dispatched the small team of military trainers to Iraq in September 2014. A month later, the Tories announced they were dispatching six CF-18s to begin bombing missions, as well as an air-to-air refueller and two surveillance aircraft to the region to assist in the coalition air campaign.

TORSTAR NEWS SERVICE

OTTAWA

## Developer asks to kill endangered tree

A request by an Ottawa development group to be allowed to "kill, harm and harass" two threatened species and destroy a butternut tree habitat on its land has garnered attention.

Kanata Lakes North Development Group put in a request for an "overall benefit permit" to the Ministry of Natural Resources and Forestry on Jan. 4, asking for permission to:

- remove up to 120 butternut trees (endangered) on the 140 hectare site, and damage and destroy the habitat of these trees,
- kill, harm and harass Blanding's turtles (threatened) and destroy up to 124 hectares of Blanding's turtle habitat,
- kill, harm and harass Least bitterns (threatened) and damage up to 10.9 hectares of Least bittern habitat in order to construct a residential development.

While this drew alarm from residents and city councillor Marianne Wilkinson, Ministry of Natural Resources and Forestry employee Scott Lee said the application is unremarkable.

"If they weren't looking to impact a species at risk, then they wouldn't require a permit to allow them to do it from us,"

said Lee in a separate interview.

However, what further alarmed residents like Mario Poirier, a member of the Ottawa Duck Club and wetland supporter, is that KNL's application doesn't say how it will achieve an overall benefit for the species they are impacting.

The permit will only be given if the proponent can show that not only are the impacts on species minimized, but that there is an overall benefit for the species, said Lee. Instead of making any promises, the application suggests only what it might do.

The request for an overall benefit permit is posted online as a summary. It is only after the comment stage that the ministry extracts promises from the proponent before a permit is given.

As for what "overall benefit" means — it's different for each proposal, said Lee. It does not mean that there must be an overall benefit for the species on that particular site, he said. Rather, while impacts to the species on site have to be minimized, overall benefit can happen in different ways, including some of the ways KNL has mentioned.

ADAM KVETON/METROLAND MEDIA



KNL Group are asking for permission to 'kill, harm and harass' Blanding's turtles like this one. TORSTAR NEWS SERVICE

### IN BRIEF

#### Mi'kmaq leader decries P.E.I. park honouree

It's a "grave insult" that a national park in P.E.I. bears the name of a general who wanted to kill aboriginal people with smallpox, says a Mi'kmaq leader. John Joe Sark says the name of 18th-century British military commander Jeffery Amherst should be removed from the Port-la-Joye-Fort Amherst site. THE CANADIAN PRESS

#### Day 5 in Ghomeshi trial

Jian Ghomeshi's sex assault trial heard that two of the women who testified discussed the allegations in thousands of messages before and after going to police. A third woman testified that Ghomeshi bit her shoulder and put his hands around her neck as they made out. THE CANADIAN PRESS

### EXCLUSIVE

## Professor received pension post-death



Joe Lofaro  
Metro | Ottawa

Carleton University in Ottawa is trying to recoup nearly half a million dollars paid to the estate of a professor who received pension benefits while he — unbeknownst to the university — was dead.

The university went to court to recover \$497,332 from the estate of George Roseme, who taught political science. He was suffering from Alzheimer's disease when he disappeared on Sept. 9, 2007. His whereabouts remained a mystery until a neighbour's dog found his remains on July 22, 2013.

While he was presumed mis-

sing, Roseme's lifelong friend and former girlfriend, Lynne Threlfall, was appointed tutor to the absentee and oversaw the monthly \$7,122 pension payment into his bank account. She was to receive payments for a maximum of seven years. Under the Civil Code of Quebec, Roseme was to be presumed alive for seven years, "unless proof of death is made." Otherwise, benefits end when the beneficiary is declared dead.

But last week, a Superior Court of Quebec judge ruled Threlfall was receiving these payments in "error" after a 2014 coroner's report declared the date of death was Sept. 11, 2007 — two days after he went missing.



**A new career. A better life.**

**"I need a change... a real career."**

**Train for a promising new career as a Paralegal in just 13 months.**

**Apply now to start in March!**

**Call or Click Today**

**902-463-6700** [maritimebusinesscollege.com](http://maritimebusinesscollege.com)



# Security tight for Cologne Carnival

## NEW YEAR'S RESPONSE

### Crowds flood streets during annual Rose Monday parade

Hundreds of thousands of people packed the streets of Cologne for its annual Rose Monday parade, the culmination of five days of Carnival festivities that took place amid heightened security following robberies and sexual assaults in the city on New Year's Eve.

Police doubled the number of officers they had on hand this year in an effort to reassure the public in the wake of the Dec. 31 attacks primarily targeting women and blamed largely on foreigners.

Through Monday morning, police said they had recorded 542 criminal complaints, including 45 allegations of sexual offences, including rape. Those numbers were roughly in line with 2015, when police

said there were 50 sexual offences reported through the full five-day Carnival.

Horses, large puppets and flags were banned from the parade for safety reasons.

With strong winds predicted over a large swath of western Germany, other cities, including Duesseldorf and Essen, called off their main Carnival processions entirely.

The migrant crisis was reflected in Monday's Carnival

an EU flag in her hand and the slogan "Merkelancholia."

And, reflecting concern over far-right violence, one float depicted a neo-Nazi as an octopus wrapping its tentacles around democracy.

The figure of Syrian President Bashar Assad as an angel of peace also wound its way through the city, joined on its float by Russian President Vladimir Putin and North Korean leader Kim Jong Un.



**We will manage it ... tough nuts.**

Refugee-crisis-themed Carnival float featuring German Chancellor Angela Merkel

floats, keeping in the tradition of topical themes.

One featured a caricature of Chancellor Angela Merkel standing in front of her signature quote of recent months, "We will manage it," and the words "tough nuts." At her side was a basket of nuts labeled "refugees." Another featured a pensive, seated Merkel with

Other stories of recent months also played their part.

There was a float showing Merkel haunted by Greek Prime Minister Alexis Tsipras bearing a lightning rod, a reference to last year's showdown over Greece's new bailout, and one with suspended FIFA President Sepp Blatter clutching banknotes. THE ASSOCIATED PRESS



A reveller celebrates during the traditional Carnival parade in Cologne, Germany, on Monday.

MARTIN MEISSNER/THE ASSOCIATED PRESS

## IN BRIEF

### Obama seeks \$1.8 billion to help fight Zika virus

U.S. President Barack Obama is asking Congress for more than \$1.8 billion in emergency funding to fight the Zika virus and the mosquitoes that spread it. Zika is suspected of causing a devastating birth defect — babies born with abnormally small heads.

THE ASSOCIATED PRESS

### Lawsuits flying in Flint over contaminated water

While government officials scramble to rid Flint, Michigan's tap water of lead, victims are suing Gov. Rick Snyder, the former mayor, and rank-and-file public employees. The lawsuits accuse them of violating civil rights, wrecking property values and enriching themselves by selling a contaminated product. THE ASSOCIATED PRESS

### Turkey, Germany join against Syria attacks

Turkey and Germany agreed on Monday on a set of measures to try to tackle the Syrian refugee crisis, including a joint diplomatic initiative aimed at halting attacks against Aleppo, Syria's largest city. THE ASSOCIATED PRESS

## TORTURE KILLING

### Italy presses Egypt for answers in death

Italy kept pressure on Egypt Monday to co-operate in finding who tortured and killed an Italian student doing research in Cairo, insisting it wouldn't accept convenient answers in the case.

"We won't settle for purported truths, as we have said on the occasion of the two arrests initially linked to the death of Giulio Regeni," Foreign Minister Paolo Gentiloni insisted in an interview published in La Repubblica newspaper.

"We want those who are really responsible to be found out and be punished on the basis of law," the minister said.

Italian media have homed in on the hypothesis that elements in Egypt's security force, which have been criticized by human-rights champions, had arrested the young man before his death because he was in contact with Egyptian labour activists as part of his research.

But Egypt's interior minister retorted that his country's investigators are working hard to solve the case and insisted Regeni had never been arrested, let alone picked up by his country's security forces.

Asked at a Cairo news conference if Regeni had been de-

## AUTOPSIES

After an initial autopsy on Giulio Regeni performed by Egyptian authorities in Cairo, a second was performed Saturday in Rome after the body was flown from Egypt. The Italian autopsy found that Regeni had suffered extensive bruises and many fractures and died after a neck vertebra was broken, perhaps by a heavy blow or a violent twisting of the head.

La Repubblica on Monday reported that the nails on all his toes and fingers had been ripped off and that all his fingers had been broken.

THE ASSOCIATED PRESS

tained, Interior Minister Magdy Abdel-Ghaffar replied: "It didn't happen. We stressed that to many officials. We stress it once again."

Asked if Regeni was a spy, the Egyptian minister replied: "Not at all. We are dealing with a crime committed against a foreign national."

THE ASSOCIATED PRESS

## Get a Fresh Start!



## Break

THE PAYDAY LOAN CHAIN

• good credit • bad credit • slow credit • collections • divorce •

## Refinance Your Current Loans to a Payment You Can Afford

• vehicle loans • downpayment loans • personal loans • and more •

## Fast Approvals

## 902-461-0248

www.customerfirstfinancing.ca





# Diner's wall a who's who

## NEW HAMPSHIRE PRIMARY

### Staff recalls run-ins with would-be U.S. presidents

These diner waitresses carry anecdotes of presidential candidates like so many plates of barbecued steak tips and Hungry Boy Specials.

The wall of pictures attests to the famous names who have wandered into MaryAnn's Diner over the years: Bill Clinton, Al Gore, Rudy Giuliani, John McCain, Chris Christie and, just the other day, Jeb and Barbara Bush.

While scarfing down a corned-beef hash, a customer says he saw Hillary Clinton twice in the same day last week.

Welcome to New Hampshire.

Being a small state that hosts an early primary means that, every fourth February, residents see their main streets, eateries and high-school gyms inundated with people aspiring to lead the free world.



The entrance of MaryAnn's Diner showing photos of past presidential candidates.

ALEX PANETTA/THE CANADIAN PRESS

The women reminisce about their all-time favourite customer. It's a landslide: the 42nd president, who worked table after table and then, when he was finished, went outside and did the same thing down the block.

"Bill Clinton," said manager Linda Guilnet, who's worked at the diner since its 1989 opening. "He just went around to everybody. Then took a walk outside. He went down to the lights and came back."

Another waitress says former first lady Barbara Bush was there with the latest family member to seek the presidency. Jeb seemed alright, they said. But his mom was a delight.

A few towns away, another New Hampshireer is less impressed that Bush hauled out the family. Ari Pollack says he's been considering voting for Bush, but thinks leaning on mom smacks slightly of desperation.

Pollack has seen five different candidates in this election cycle. He would have seen a sixth, but the Hillary Clinton rally was full and he couldn't get in.

"It's a fun environment to be in," Pollack says. "It will all come to an end on Tuesday."

Some will be thrilled to see it conclude. The waitresses complain about media cameras bumping into customers.

Pollack is less cynical. He says his state has an important responsibility: "We're making a decision for the rest of the nation. To at least help narrow the field, to put some candidates in front of the rest of the nation that have been vetted," he said.

THE ASSOCIATED PRESS



## SYRIA

# Love in the time of war

Badly damaged buildings in the war-ravaged Syrian city of Homs is the setting of a young couple's wedding pictures.

Newlyweds Nada Merhi, 18, and her husband, Syrian army soldier Hassan Youssef, 27, posed for a series of pictures on Feb. 5 among the ruins of what is left of Homs's streets and buildings after years of civil war.

Merhi wore a traditional white wedding gown. Youssef, a soldier in Syrian President Bashar Assad's army, accord-

ing to multiple media outlets, wore a military uniform.

The Washington Post identified the Syrian wedding photographer as Jafar Meray. He used the destruction of Homs to his advantage "to show that life is stronger than death," according to AFP photographer Joseph Eid, who accompanied the couple and Meray on the shoot.

This isn't the first wedding that has been photographed among Homs's rubble. According to the Washington Post,

Meray photographed another married couple late last year. On his Facebook page, he explained that the photographs were proof that "life goes on, silently."

Homs, located about 160 kilometres north of the capital, Damascus, was once the country's third-largest city, with a population of more than 600,000. But after the city became a rebel stronghold in 2011, it was hit by a military assault by government forces.

TORSTAR NEWS SERVICE

**1** Newly-wed Syrian couple Nada Merhi, 18, and Hassan Youssef, 27, have their wedding pictures taken in a heavily damaged building in the war-ravaged city of Homs on Feb. 5. A Syrian photographer is using the destruction of Homs to take pictures of newly wed couples to show that life is stronger than death.

**2** Hassan offers Nada a bouquet of flowers as she salutes him in the midst of destruction.

**3** Nada and Hassan embrace one another.

JOSEPH EID/AFP/GETTY IMAGES

## INDIA

### Leopard injures three in private-school attack

A leopard wandered into a school in southern India and injured three people as it tried to escape, officials said. Onlookers including news crews watched the chase, which lasted several hours until forest workers shot the big cat with a tranquilizer dart Sunday, according to Press Trust of India news agency. THE ASSOCIATED PRESS



A leopard attacks a man at a private school.

AFP/GETTY IMAGES

## TECHNOLOGY

# Cockroach-inspired robots could save lives

The little cockroach, among nature's most gross and reviled creatures, could soon be saving lives. Well, a cockroach-inspired robot, that is.

A study published Monday in the journal Proceedings of the National Academy of Sciences says robots that mimic cockroaches could help search and rescue missions to find survivors of disasters. These cockroach robots could also help detect gas leaks or inspect infrastructure, the study says.

"Cockroaches are fascinating," said Robert Full, a biologist

at the University of California, Berkeley, and one of the study's authors.

Full and Kaushik Jayaram, a post-doctoral engineering student at Harvard University, and the other author of the study, built an obstacle course filled with crevices for the bug, and found it was able to slip through gaps a quarter its standing height and could withstand loads of nearly 900 times its body weight.

Using their findings as inspiration, the two researchers built a palm-sized, soft-legged robot.

The prototype took about two years and just \$100 in materials to build. TORSTAR NEWS SERVICE



American cockroach atop a compressible robot. POLYPEDAL LAB

## "A new career would open so many doors."

Ask about our TUITION PLEDGE

Turn your passion for travel into a real career. Develop your skills by managing a trip to an actual vacation destination!



Actor portrayals.



**Success College**  
Get Ready.

APPLY NOW  
FOR MARCH

successcollege.ca 902.865.8283



# Battle for luxury shoppers

## RETAIL

### Clothing sector faces challenging years ahead

Industry watchers say Canada's retail clothing sector is expected to slow in the coming few years, even though the battle for luxury shoppers is revving up.

After two years of growth approaching four per cent, sales are forecast to slow and bottom out to a mere one per cent increase in 2018, says Trendex North America, a marketing research firm specializing in the clothing industry.

This year's sales are expected to grow by 2.4 per cent versus 3.8 per cent last year, slipping to 1.7 per cent growth in 2017 before inching back up to 2.1 per cent growth in 2020, Trendex said in a 2016 retail apparel market forecast.

But that could prove optimistic because the organization's outlook for economic growth is much stronger than the Bank of Canada's revised forecast of 1.4 per cent.

The low Canadian dollar is going to put pressure on retailers' margins and force them to offset higher costs by hiking prices, perhaps by three to five per cent.

But the luxury segment, Evans said, should help ease the sluggishness in the low- to mid-priced sector as Saks Fifth Avenue makes its Canadian entry this month with the opening of two Toronto stores and U.S. retailer Nord-



**Shoppers check out the Nordstrom store in Calgary.** The U.S. retailer is expanding its presence in Canada with three new locations in Toronto this year and next. TORSTAR NEWS SERVICE

strom expands its presence with three new locations in Toronto this year and next.

The openings will give wealthier Canadians a reason to shop at home instead of travelling to global fashion centres such as New York while also attracting Americans looking to take advantage of the low loonie, she said.

Increased competition will erode Holt Renfrew's dominance in the luxury segment at least initially as customers visit the new retail options, said Jean Rickli, a retail consultant for the J.C. Williams Group.

"If Nordstrom is true to their

word on customer experience, it's going to be tough going for Holt Renfrew," he said in an interview.

But he added that the Canadian chain has made some headway by making plans to expand its Vancouver store later this year and opening two hr2 outlet stores on the outskirts of Montreal and Toronto that appeal to millennial shoppers.

Luxury menswear retailer Harry Rosen has also prepared for beefed-up competition by enlarging four of its stores and adding three locations last year.

THE CANADIAN PRESS



**Artist sketches of the new Saks department stores, opening in Toronto in spring 2016.** TORSTAR NEWS SERVICE

## IN BRIEF

### National Bank to write off investment in Maple Bank

National Bank says it will write off the \$165-million value of its investment in Toronto-based Maple Financial Group, which operates Maple Bank in Germany. Maple Bank's business activities were suspended on the weekend by Germany's Financial Supervisory Authority, following investigations into certain trading activities during the 2006-2010 taxation years. THE CANADIAN PRESS

### Drivers confused by electronic gear shifters

Electronic gear shifters on some newer Fiat Chrysler SUVs and cars are so confusing that drivers have exited the vehicles while they are still in gear, causing crashes, U.S. safety investigators have determined. The National Highway Traffic Safety Administration found more than 100 crashes, mostly in Jeep Grand Cherokees. THE ASSOCIATED PRESS

## market minute

	<b>DOLLAR</b> 71.77¢ (-0.13¢)
	<b>TSX</b> 12,535.40 (-228.59)
	<b>OIL</b> \$29.69 US (-\$1.20)
	<b>GOLD</b> \$1,197.90 US (+\$40.20)
<b>NATURAL GAS:</b> \$2.140 US (+7.7¢)	
<b>DOW JONES:</b> 16,027.05 (-177.92)	

## HOUSEHOLD DEBT

### Interest rate not only tool: BoC

The Bank of Canada's benchmark interest rate needs help in shoring up the financial system from growing risks like rising consumer indebtedness, deputy governor Timothy Lane said in a speech Monday.

Increased government spending, also known as fiscal stimulus, and regulatory changes to curb the accumulation of household debt are other tools that can be used alongside monetary policy, Lane said.

"One thing is clear: monetary policy alone cannot be responsible for maintaining financial stability," he said in a speech at the HEC Montreal business school.

Lane said the central bank has identified the combination of climbing household debt

**“**  
**Monetary policy alone cannot be responsible for maintaining financial stability.**

Timothy Lane,  
BoC deputy governor

and elevated house prices as the financial system's most concerning vulnerability.

This weak spot has been exacerbated by the use of monetary policy, which has led to an extended era of low interest rates. The bank has repeatedly warned that indebtedness, and its associated risks, have continued to inch higher.

This creates a scenario where government spending can be used to stimulate the economy, particularly at a time of cheap borrowing rates, Lane said.

He warned, however, that at a certain point expanding public debt can have its own negative effects on the economy and the financial system.

"But these costs need to be set against concerns that prolonged monetary policy stimulus may result in an excessive buildup of private-sector vulnerabilities," he said.

On Monday, Lane also highlighted other measures that can help shield the financial system, such as the tightened mortgage financing rules introduced in recent years.

THE CANADIAN PRESS

THIS IS THE BIG ONE FOLKS!  
50% OFF STOREWIDE

**Sale on from  
Feb. 1<sup>st</sup> -13<sup>th</sup>**

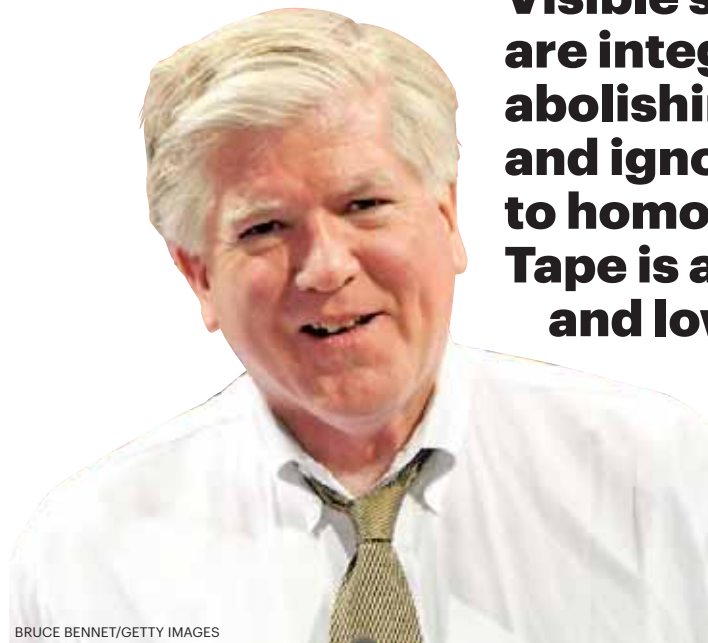
**Excludes special orders, rentals  
& layaways. No returns will be  
processed during time of sale.**

**the  
Plaid Place**

The store for everything  
Scottish. Great gifts for all.

Main Floor,  
Delta Barrington Hotel  
902.429.6872  
1.800.563.1749  
www.plaidplace.com





BRUCE BENNETT/GETTY IMAGES

**Visible signs of inclusion are integral steps in abolishing the bias, fear and ignorance that lead to homophobia. Pride Tape is a simple, easy and low-cost way of announcing your support for the LGBTQ community.**

**— BRIAN BURKE**

The Burke family is always looking for ways to show our support for the LGBTQ community. I was very excited when I met Jeff McLean, investor in Pride Tape, and thrilled when the Edmonton Oilers used it during their skills competition. We can't wait to bring it to Calgary once it is fully in production.

Visible signs of inclusion like these are integral steps in abolishing the bias, fear and ignorance that lead to homophobia. Through amazing initiatives and organizations such as Pride Tape, Pride parades, You Can Play

and Canadian Safe Schools Network, steady progress is being made.

Pride Tape is cool because it's a simple, easy and low-cost way of announcing your support for the LGBTQ community in a team sports environment — the very message that You Can Play carries forward every day.

This issue has been vitally important to me since my late son, Brendan, came out to us all. Brendan was a wonderful young man and he came out in a very public and courageous way.

Since we lost Brendan, our family has been dedicat-

ed to furthering the causes and goals of the LGBTQ community. I am only sorry that this wasn't a priority for me much earlier in my life.

People ask me how they can help. I always tell them the same thing: Take three steps in your life. First, practice and teach acceptance in your home and workplace. The best thing about Brendan coming out was that I didn't

have to take anything back. No hatred was allowed in my house. No racial humor, no homophobic language — nothing allowed. It was the same at work.

Second, take a positive, affirmative step on behalf of the group — join PFLAG, You Can Play or the Canadian Safe Schools

Network. Volunteer. Write a cheque. Join a Gay-Straight Alliance. March in a Pride Parade. Engage with your local LGBTQ community. It's easy to say that you care — prove it!

And finally, work actively to end homophobia and bullying. Intervene if you can; report it if you can't.

I long for the day when these badges of honor and acceptance on behalf of the LGBTQ community are no longer necessary. But sadly, right now, they are. Join us in this fight against bias, fear and ignorance!

**Brian Burke** is the president of hockey operations for the Calgary Flames. He was the general manager of the Toronto Maple Leafs from 2008 to 2013. He is on the advisory board of You Can Play, which promotes LGBTQ inclusion in Canadian sports.

**Work actively to end homophobia and bullying. Intervene if you can; report it if you can't.**

## METRO CALL TO ACTION

### #PrideTape picks up steam

**The colourful campaign to banish homophobia from hockey has support in high places — from NHL executives to generous investors — but it's up to Metro readers to help keep the movement in motion.**

The Pride Tape Kickstarter campaign was a smashing success: It closed Feb. 4 after raising \$76,147. Soon 10,000 rolls of rainbow-hued tape, a powerful symbol of LGBTQ inclusion in sports, will be on their way to hockey teams.

Kris Wells, a professor at the University of Alberta's Institute of Sexual Minority Studies and Services who spearheaded the Pride Tape initiative, told Metro seven NHL teams have contacted

the campaign directly or indirectly to inquire about the tape. So far, just the Edmonton Oilers have displayed their multicoloured pride on the ice, during a skills competition.



CONTRIBUTED

Do the coaches, players and hockey fans in your community know about Pride Tape? Spread the word!

**Do you want your local teams — professional and amateur — to get on board with Pride Tape? Share this story on social media: #PrideTape**

## metroview

### The best voting reform idea you've never heard of



**Norm Beach**  
For Metro

Our first-past-the-post electoral system is widely and justifiably criticized. After all, if you're a Tory in downtown Toronto or a Green supporter anywhere in Canada except Vancouver Island, it seems futile to cast an essentially "wasted" vote.

So millions stay home while millions of others hold their noses and choose someone they don't really want in order to deny power to someone they hate.

But there's a system under which voters could have their choices directly reflected in Parliament, without adding more MPs, altering electoral districts or setting off a Meech Lake-esque constitutional battle.

It's called proportional parliamentary voting (PPV) and, like proportional representation, it's premised on the idea that each party's legislative power should be in proportion to its share of the popular vote.

Under PPV, when the House of Commons votes on an issue, MPs stand and vote individually, as they always have. But any party whose share of the popular vote is greater than its share of seats is awarded additional votes (on paper only — there are no additional MPs).

If this system had been put in place for this Parliament, the Liberals would not have a majority. Instead, the PPV formula would be pegged

to the 184 Grit MPs who received about 40 per cent of the popular vote, yielding a House of Commons consisting of 460 total votes, with 231 required for a majority. The 99 Conservative MPs, who received 32 per cent of the popular vote, would be awarded 48 additional parliamentary votes for a Conservative total of 147. (The NDP would have 92 votes; the Bloc, 23, the Greens, 14.)

We'd say goodbye to false majority governments, strategic voting and "wasted" votes. Everywhere in Canada, every vote would help the party the voter chooses get more power in Parliament. The only exception would be votes for parties with no MPs in the resulting Parliament. (Fewer than one per cent of such votes went to such parties last time.)

It would not be a difficult process. The Parliament of Canada Act gives the House of Commons the exclusive power to establish its rules and procedures. It could make this change at the end of its mandate, so it would apply to the next Parliament. This change would not affect the electoral system, so if Canadians don't want first-past-the-post, reforms such as ranked balloting would still be possible.

Clearly, though, proportional parliamentary voting would be a better way to guarantee that no vote is wasted. For the next election, let's finally make every vote count.

**Norm Beach** is a Toronto-based teacher and writer.

**metro**  
Your essential daily news

STAR MEDIA GROUP PRESIDENT  
**John Cruickshank**

VICE PRESIDENT & EDITOR  
**Cathrin Bradbury**

VICE PRESIDENT & GROUP PUBLISHER  
METRO EASTERN CANADA  
**Greg Lutes**

MANAGING EDITOR HALIFAX  
**Philip Croucher**

ADVERTISER INQUIRIES  
adinfohalifax@metronews.ca  
General phone 902-444-4444

FREE TO SHARE

**PHILOSOPHER CAT**  
by Jason Logan

ALL THE THINGS ONE HAS FORGOTTEN SCREAM FOR HELP IN DREAMS.

**ELIAS CANETTI**

Philosopher cat now at  
[www.mymetrostore.ca](http://www.mymetrostore.ca)



Reg and Jean knew how they wanted to retire.  
Karin knew how to make it happen.



Reg and Jean, TD Customers



Karin, TD Advisor

Don't forget:  
The 2015 RSP deadline is  
Monday, February 29, 2016.

Our know-how can  
help you save more.

Reg and Jean spoke with Karin, their TD advisor, about their retirement plans. With her help, they were able to save more and achieve their goals. Now it's your turn. Meet with an advisor today to save more and help reach your goals sooner.

Visit a branch or [td.com/savemore](http://td.com/savemore)



Banking can be  
this comfortable.





# Saving through uncertainty

## NEST EGG

### Putting some money away when income isn't steady

Michelle Williams

Not everyone has a job with a regular paycheque and benefits, including a group savings plan. In fact, in today's economy, more and more investors are dealing with instability in their workplace, forcing them to be committed and creative about saving for their retirement.

#### Working on contract

Ana Pereira, 46, is a project manager who is currently part-way through a five-month contract with Canadian Tire. She earns good money when she's working, but there are sometimes weeks or months between contracts where she has no income.

Pereira owns her home and has worked diligently to pay down her mortgage quickly. She also has a car and some RSP and TFSA savings. While she'd prefer a permanent position because of her financial commitments, the right opportunity has not yet come along.

She admits that during periods of unemployment between contracts, it's difficult



Proper investment advice can help you plan for retirement even when your earnings are inconsistent. ISTOCK

to keep her head above water without dipping into savings.

According to Guy Anderson, senior financial consultant at Investment Planning Counsel, someone in Pereira's position should consider using some of the funds she's putting toward her mortgage to top up her TFSA and RSP savings and extend her mortgage payments

over a longer period.

"That way, she has a safety net should she have periods of low cash flow due to unemployment between contracts," Anderson says.

#### Owning a small business

Lynton Friedman, 41, is a registered psychotherapist who practices hypnotherapy.

He also owns Sanlyn Wellness Centre in Thornhill, Ont., teaching clients techniques to reduce anxiety, relax and break bad habits.

He's been in business for over 10 years and has recently gone through a period of high growth, but like any service business, there are some months where cash flow is

low. While putting money back into his business is important to him, Friedman appreciates the need to be saving for his retirement.

"(He) is at a key time in his life and career to start making some serious strides in his retirement savings," says Anderson. He suggests Friedman talk to his advisor

about leveraging RSP savings and the federal government's Home Buyers' Plan so he can purchase his first home.

"He can direct \$25,000 from his RSP toward his home without tax penalty if he pays it back over 15 years," Anderson says.

#### Freelancing

Matthew Davies, 51, a freelance TV and film composer, experiences ups and downs in income due to music royalties. A few years back, he had a very good income year — but that came with big tax implications. His strategy was to put money into his RSP for the tax deferral, and he also purchased a spousal RSP, since his wife, Ginette, 43, was a stay-at-home mom.

Royalties are dwindling due to changes in the television industry, so Davies and his wife have opened a "spy birthday party" company, Undercover Kids. With startup costs and shrinking music royalties, cash flow continues to be a challenge while they get their new business going.

For them, Anderson suggests, their RSP savings are a handy emergency fund.

"Since three years have passed since the spousal RSP contribution, they can take it out and use it to help with their personal and business expenses," he says. "Because Ginette's income is still not very high, the taxes they're paying on the RSP withdrawal are minimal."

Meet  
your  
local TD  
advisor

Jimmy Zhou,  
5495 Spring Garden  
Rd., Halifax



## Get comfortable.

Want to save more? Our advisors are here to help.  
Visit [td.com/savemore](http://td.com/savemore) to book an appointment today.

Our know-how can help you save more. Visit a branch or [td.com/savemore](http://td.com/savemore)







# Delivering birth canal benefits

## RESEARCH

### Study may have found way to reduce risks to C-section babies

While passing through the birth canal, newborns are bathed in a mixture of their mothers' bacteria believed to play a role in boosting their immune systems and preventing disease.

So the implications for infants born by caesarean — who don't acquire those important microbes — has been a concern at a time when C-section rates have been rising, accounting for about 28 per cent of Canadian births.

Now a pilot study in the journal *Nature Medicine* has found there may be a solution.

Researchers reported they successfully transferred the immune-building microbial communities of mothers to their caesarean-born babies by swabbing them with birth fluids immediately after delivery.

"Our study is the first to demonstrate that partial microbiome restoration just after birth is possible in babies born by C-section," said microbiologist Maria Dominguez-Bello, associate professor at New York University's Langone Medical Center and lead author of the study, published last week.

While the study is small, involving only 18 mothers and babies, the results provide important evidence that the principle of transferring healthy bacteria is feasible, added co-



**GOOD GERMS**  
By swabbing infants with birth fluids immediately after delivery by C-section, researchers found they could modify skin microbiota.

Babies delivered by C-section have a greater risk of developing asthma, allergies, Type 1 diabetes and obesity. TORSTAR NEWS SERVICE

author Jose Clemente, associate professor with the Icahn School of Medicine at Mount Sinai in New York.

By swabbing the infants immediately after delivery, "we can modify this skin-like microbiota that C-section babies usually get and make it resemble the microbiota of vaginally de-

livered infants," he said.

Over the first month of life, they found "significant differences" in the bacterial communities of those infants versus the babies born by caesarean but not swabbed.

This is not a procedure currently available for hospital births.

But the research lays the groundwork for future studies to see whether this kind of intervention can reduce the risks of developing such conditions as asthma, allergies, Type 1 diabetes and obesity, which have been associated with caesarean birth.

The pilot study included sev-

en babies born vaginally and 11 by caesarean.

Four of the C-section babies had their mouths and bodies swabbed immediately after delivery with sterile gauze incubated in the mother's vagina an hour before surgery. The research team collected more than 1,500 samples from anal,

oral and skin sites from mothers and babies over the next 30 days that they analyzed and compared.

The procedure included careful screening to ensure mothers were not carrying potentially harmful bacteria such as streptococcus B or other infectious bacteria or viruses.

The samples are part of a larger ongoing research project that includes 84 moms and babies who will be followed for a year after birth, said Dominguez-Bello.

But her team felt their initial findings should be reported earlier.

Research suggests that the first 100 days of life are crucial for developing a healthy gut bacteria, says Dr. Stuart Turvey, pediatrician at B.C. Children's Hospital and the University of British Columbia who has conducted research with the Canadian Microbiome Initiative.

So the study's findings that it's possible to change the structure of the microbial community in a baby's gut by intervening at birth is encouraging, he said.

It opens the door for researchers to identify healthy bacteria that might prevent diseases such as asthma and think about how to administer those to babies, he added.

"What's exciting about these strategies is they're looking to prevent disease."

TORSTAR NEWS SERVICE

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

**TOP SIX@6 LAST NIGHT:**

- 6 Flo Rida  
My House
- 5 Selena Gomez  
Hands To Myself
- 4 Twenty One Pilots  
Stressed Out
- 3 Belly ft The Weeknd  
In the Night
- 2 The Chainsmokers ft Rozes  
Roses
- 1 Travis Scott  
Antidote

1013TheBOUNCE.com | 1013thebounce

**THE HANDY POCKET VERSION!**

Get the news as it happens

Download the Metro News App today at [metronews.ca/mobile](http://metronews.ca/mobile)



# Ease screen strain with gentle eye yoga

If you spend more than two hours a day in front of a computer, you are at risk of developing computer vision syndrome, a group of vision-related problems that stem from computer use. Symptoms include: tired, itchy, irritated eyes; blurred vision and even headaches. This simple eye-yoga routine is designed to keep computer vision syndrome at bay. YUMEE CHUNG/TORSTAR NEWS SERVICE

## EYESIGHT RESPITE

1. Sit tall with your head positioned over the shoulders and chin level with the floor. Fix your gaze at least six metres away.
2. Raise your eyes and gaze skyward for a slow inhale and an equally slow exhale. Lower your eyes and gaze at the earth for another full breath cycle.
3. Turn your eyes to the left and to the right, pausing to breathe at each location.
4. Vigorously rub your hands together until they heat up. Then lightly cup the warm palms over your closed eyes. Breathe deeply and relax into the soothing space behind your eyelids for at least five measured breaths.
5. Finish by using your hands to wipe down the face, throat and chest before blinking the eyes open and closed a few times.



12

The average person blinks 12 times per minute, but computer users blink only five times a minute.

## STUDY

# Women more likely to 'catch' yawns

It's incredibly contagious, especially among tired coworkers and bleary-eyed airport travellers. Once someone does it, everyone around them is at risk of being infected.

The epidemic has circled the globe, and spreads rapidly during dark winter mornings and long business meetings. But according to a new study, women are more at risk than men.

A study published in the journal, Royal Society Open Science, by a group of researchers from the University of Pisa, Italy, suggests that although women and men yawn "spontaneously" at the same rate, women are more likely than men to "catch" yawns.

In other words women are more likely to yawn right after someone else near them has.

"We demonstrated that yawn contagion is gender affected," said Elisabetta Palagi, a behavioural biologist, and co-author of the study, over the phone from Pisa.

Palagi and her team believe

that women are more likely to catch yawns than men because they are more empathetic and attuned to other people's emotions.

"This has a biological foundation because women have babies so they have to be extremely responsive to others' emotions," she said.

The team covertly observed more than a thousand bouts of yawning over a five-year period in train stations, airports and on the street, without people being aware that they were watched.

"We typed in mobile phones or wrote on notebooks, every yawn that was emitted by each person, the time and who could perceive it," wrote researcher Elisa Demuru in an email from Pisa.

"If a person who perceived a yawn yawned within a three-minute time slot, that yawn was considered as contagion."

Yawns that were not preceded by another yawn within five minutes were classified as "spontaneous."

The researchers even used their own friends as guinea pigs, secretly monitoring their yawns when they came over for dinner and drinks.

"They were at my house, so, no problem."

It is (a) very, very cheap," way of doing research, said Palagi with a laugh.

The team also collected data

on subjects in Madagascar, where they went to study lemurs for a different project.

The airport, Palagi said, was ideal for data collection as people standing in lineups would often cause a chain-yawn reaction.

The paper also found that people are more likely to catch yawns from friends, family or coworkers, than strangers.

It's not the first study to explore how empathy effects yawn contagion.

A 2015 Baylor University study found that psychopaths, who are known to have less empathy, are less likely to catch yawns than other people.

Palagi said future research could bring people into a lab for a more controlled experiment, or compare yawning between species.

She said she's always been fascinated by yawning, which she calls "a very strange behaviour."

"Yawning is contagious but why we spontaneously yawn it is another story," she said. "It is extremely difficult to understand."

She calls it, a "subtle and unconscious" form of communication.

"When we are all together around the table for dinner and one or two people around the table begin to yawn, and the other ones follow them, OK it's time to go to bed."

TORSTAR NEWS SERVICE

## JOHANNA SCHNELLER WHAT I'M WATCHING

# Younger's sly laughs ring true

**THE SHOW:** Younger, Season One, Episode 3 (E/TV Land)  
**THE MOMENT:** The Laugh

Liza (Sutton Foster) and Josh (Nico Tortorella) are finally kissing. She likes him, but she's been resisting this, because she has a secret. Divorced, broke, she was unable to get a job in book publishing until she began posing as someone his age, 26. She's 40.

The kissing escalates. Josh takes off his shirt. He's slim, muscular, covered in interesting tattoos. Liza bursts out laughing.

That laugh — equal parts nervous, amazed (that's how men look now?), and rueful (Liza and her husband had stopped having sex) — is what keeps Younger on the right side of the ridiculous/fun axis.

Show creator Darren Star (Sex and the City) traffics in frothy fantasies, and this one is a whopper: that a woman who rushed into adulthood



In Younger, Sutton Foster, left, plays a woman who gets to relive her 20s — and savour them this time. CONTRIBUTED

can relive her 20s, and savour them this time. (Complete with a hipster wardrobe from SATC's costumer, Pat Field.)

Younger has its groaners. The 20-year-olds can be reductively narcissistic, the 40-year-olds bitter or clueless. But as he did on SATC, Star sneaks in several sly truths per episode about how our society pits women against one another, and makes us into our own worst enemies. "She's hit her head on the glass ceiling so many times she's got de-

mentia," a 20-something says about her boss — a funny line, and a state many women know too well.

I also laughed at this one: "Dating in your 40s is like trying to rent out a beautiful apartment where a murder took place. Everyone is spooked." There was rue in my laugh, too.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

## Red Domestic Medium Hair

Two-year-old Red has a magnanimous and magnetic personality. Found stray in Lawrencetown, Red keeps watch over everything and is often perched at the front of his kennel. He has a yearning, soulful quality and is very friendly and outgoing. He is chatty, cordial and loves being petted. We believe his compelling personality will make a wonderful addition to any loving home and family. Please stop by and visit with Red soon... he is ready to meet you.



For more information on Red and other adoptable furry friends, visit [www.spcans.ca/dartmouthshelter](http://www.spcans.ca/dartmouthshelter) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [dartmouth@spcans.ca](mailto:dartmouth@spcans.ca)

## BROUGHT TO YOU BY:



5686 Spring Garden Rd. 902-490-9900  
278 Lacewood Dr. 902-431-8665  
96 Tacoma Dr. 902-435-9748  
75 Peakview Way 902-835-3224  
961 Bedford Hwy. 902-406-4470  
752 Sackville Dr. 902-869-9050  
Fall River 902-860-1772



METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA





# Parity holding trade deadline hostage

**NHL**  
**Bubble teams implement wait-and-see approach**

With the NHL standings legitimately crunched three weeks before the trade deadline, teams looking to add a piece for a playoff run might be left waiting to find a seller.

As Dallas Stars general manager Jim Nill sees it, this is the new normal for the league.

"I think it's changed the market and I think this is the way it's going to be going forward," said Nill. "Parity, it's in there now. Every team has a chance. I really think moving forward this is what our league is going to be. It's going to be tight. The difference is going to be 3-5 wins for everybody."

Of the 16 teams in the Eastern Conference, all but three are either in a playoff spot or within five points of one. It's even tighter out West, with bottom dwellers Calgary, Winnipeg and Edmonton still vying for a post-season position.

Parity in the league, and a generous system that awards a point for an overtime or shootout loss, is keeping more teams in the thick of the playoff race for longer. That results in a trade market with few legitimate sellers leading up to the Feb. 29 deadline, and potential buyers like Nill's Stars left waiting.

There were an average of 26 trades in and around the deadline in the five seasons that followed the 2004-05 NHL lockout, including a high of 31 in 2010. Over the ensuing five seasons



The Lightning may find more potential trade partners closer to the deadline should they decide to deal Jonathan Drouin, a former Halifax Moosehead, who has asked to be moved.  
CHRIS O'MEARA/THE ASSOCIATED PRESS

**If you're two points out of a playoff spot on the trade deadline it's hard to pull the plug and start letting players go.** Red Wings GM Ken Holland

that number plummeted to 19 on average, though with a spike of 24 trades at the March 2 deadline last year.

Nill said the dynamics of parity are increasingly changing how the trade market operates. He said teams are waiting longer to determine their

approach — buying, selling or neither — for the trade deadline. He estimates a group of eight to 10 teams in good position at the moment, those who are willing to consider just about anything. Most everyone else waits.

The scarcity of sellers could

## Byfuglien signs 5-year extension

The Winnipeg Jets have signed defenceman Dustin Byfuglien to a five-year, \$38-million US contract extension with a salary-cap hit of \$7.6 million per year.

The 30-year-old has recorded 32 points (15 goals, 17 assists) in 52 games this season.

He leads the Jets with 163 shots, 78 penalty minutes and

24 minutes and 14 seconds of ice time per game.

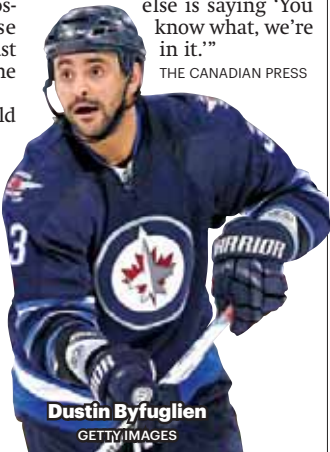
The native of Roseau, Minn., represented the Central Division at the 2016 all-star game, scoring a goal and adding an assist.

Byfuglien was acquired when the Jets franchise was based in Atlanta via a 2010 off-season trade with Chicago.

The trade came after Byfuglien helped the Blackhawks win the 2010 Stanley Cup.

He has 376 points (148 goals, 228 assists) and 775 penalty minutes in 649 career games with the Blackhawks and the Thrashers/Jets.

THE CANADIAN PRESS



## Crosby back atop weekly honours

Sidney Crosby's torrid scoring streak has earned him NHL first star of the week honours.

The Pittsburgh captain had five goals and three assists in three games last week, extending his point streak to 10 games.

Crosby's week was highlighted by his ninth career hat trick, with an assist, in Pittsburgh's 6-5 win over Ottawa on Tuesday.

He had a goal and two assists in a 3-2 overtime win

over Florida on Saturday, giving him 902 career points. He reached the 900-point mark in his 677th career game. Only 10 players in NHL history have reached that milestone quicker.

Ottawa defenceman Erik Karlsson was named second star with seven assists in three games. Florida centre Vincent Trocheck took third-star honours with three goals and three assists in three games.

THE CANADIAN PRESS

10

Crosby entered Monday with a 10-game point streak.

## Agent confirms Lynch's retirement

When Marshawn Lynch was brought to Seattle early in the 2010 season, he was acquired because the Seahawks desperately needed a running back.

What he ended up providing was an attitude and style that became the foundation for bringing the first Super Bowl title to the Pacific Northwest.

And for that, Lynch will forever hold a special place with the Seahawks.

Without saying a word — big surprise — Lynch drew a lot of attention during the fourth quarter of the Super Bowl on Sunday night with a single post on social media. Just a picture, green cleats hanging from a power or telephone line, and a peace sign emoji. It was his



Marshawn Lynch  
GETTY IMAGES

way of saying goodbye from football, a decision that his agent Doug Hendrickson confirmed to The Associated Press on Monday saying Lynch intends to retire.

Lynch, 29, will step aside after nine seasons in the league. Six of those came in Seattle, where he played in the post-season five times. He tied for the NFL lead in rushing touchdowns in 2013 and 2014 and is No. 8 all-time in total yards rushing during the post-season.

THE ASSOCIATED PRESS

**NFL IN BRIEF**

**Affidavit: Manziel ruptured ex's eardrum in assault**  
Johnny Manziel's ex-girlfriend says in an affidavit that he hit her so hard during a late-night confrontation that she lost hearing in one ear.

Colleen Crowley suffered a ruptured eardrum, which is expected to eventually heal, her lawyer revealed.

Crowley detailed Manziel's alleged attack as part of proceedings to obtain a protective order against the troubled Cleveland Browns quarterback.

THE ASSOCIATED PRESS

**McCoy being investigated over fight with off-duty cops**  
Buffalo Bills running back LeSean McCoy is under investigation over a Philadelphia nightclub brawl early Sunday that left two off-duty police officers injured, one with a broken nose and broken ribs and the other with a possible skull fracture.

The incident occurred early Sunday morning after an argument broke out between McCoy's party and the officers over a bottle of champagne.

THE ASSOCIATED PRESS



## RECIPE Roasted Chicken and Grapes



PHOTO: MAMA YISNEY

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This unusual combination delivers amazing flavour, both savoury and sweet. It's posh enough to serve to guests but simple enough to whip up on any weeknight evening.

### Ready in

Prep time: 5 minutes  
Total time: 30 minutes  
**Serves 4**

### Ingredients

- 1 Tbsp olive oil
- 4 chicken thighs
- 2 shallots, sliced
- 3 cloves of garlic, minced
- 3 cups red seedless grapes
- 1 cup chicken stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- 2 Tbsp dried thyme

### Directions

1. Preheat the oven to 400 F.
2. In a large, oven-safe skillet, warm up olive oil over medium high heat. Brown — but don't cook through — the chicken thighs, about 3 minutes each side. Remove the chicken from the skillet and place on a clean plate.
3. Reduce the heat under the skillet to medium and toss in the shallots and garlic. Cook for about 3 minutes until they soften. Add the grapes, stock, vinegar, sugar and thyme and give everything a good stir. Allow the sauce to begin to simmer.
4. Nestle the chicken pieces into the sauce and place the skillet in the oven. Bake for 20 minutes.
5. Serve over couscous, mashed potatoes or polenta.

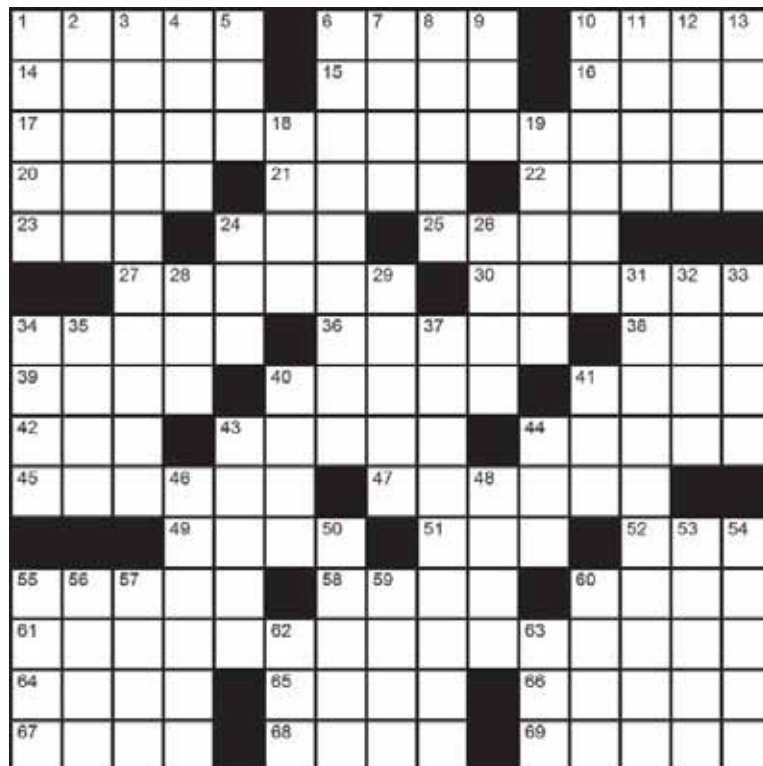
FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCHRONICLES.COM

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. Domesticated
6. Vroom, vroom... \_ 500
10. Radiate
14. Ms. Cara
15. Drill hole
16. When Jimmy Kimmel is on
17. First World War munitions: 2 wds.
20. Route
21. Aloud
22. Elongated circles
23. Cobbler's tool
24. \_ Epstein (Gregory Smith's role on "Rookie Blue" on Global TV)
25. Animal-powered plow contraption
27. "Would you stop already": 2 wds.
30. Hertz pickup
34. Curved music symbols
36. Elizabeth's nickname, perhaps
38. Annie Lennox's inquisitive hit of 1992
39. Ardent
40. Pesky pet problems
41. Marcel Marceau's job title
42. "You're All \_ Got Tonight" by The Cars
43. Military officer, e.g.
44. Ms. Winslet's
45. Grammar topic
47. Afraid
49. Twisted-apart cookie
51. Froms opposites
52. Gives birth
55. Is performing really well
58. Subatomic



- particle
60. Pinnacle
61. Queen Elizabeth's attendants
64. Allied group
65. Feed the poker kitty
66. Like a TV show that should have been airing: 2 wds.

67. Shakespeare play title starter
68. Madonna's "Live to \_"
69. \_ \_ relax (Calm down)

### DOWN

1. Fairytale accessory

2. Bow and what?
3. Album of 1984 by Canadian singing star Lee Aaron: 2 wds.
4. British novelist Ms. Bagnold
5. Wilmington's state [abbr.]
6. Mount Caubvick aka Mont d' \_ (High

- peak on the Quebec/Labrador border)
7. Ms. Ephron
8. Laconically
9. Agreeable answer
10. Ten-plus-one
11. \_ fide (In bad faith)
12. " \_ take a few days." (Waiting-for-some-

- thing time span)
13. Nastassja Kinski title role
18. Swag
19. Cornball
24. Insult in a hip way
26. Eyeballs
28. Vase variety
29. Daily commute delay cause: 2 wds.
31. Canadian comedy series which starred Don McKellar and Molly Parker: 2 wds.
32. Wistfully sighed phrase: 2 wds.
33. Caustics
34. Locomotes the slopes
35. Canadian comic actor Eugene
37. Showerer's dryer-offer: 2 wds.
40. Obsession, idee \_
41. Avril's follower
43. Big
44. PC information units
46. Music chord types
48. Mrs. Chaplin (Charlie's last wife)
50. Speak out
53. "Are too:" re-tort: 2 wds.
54. Musical repetition mark
55. Actress Jessica
56. Referee's decision
57. Matinee star
59. Global, for short
60. Suffix with 'Origin'
62. Roasted
63. Chg. card percentage

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
If you let things slip, you'll be struggling to catch up for the rest of the week. Stay on top of your workload, no matter how boring it may be.

**Taurus** April 21 - May 21  
You can get twice as much done in half the time it takes most other people but that doesn't mean you should. If anything you should be cutting back a bit now. Keep doing it all and others will expect it of you.

**Gemini** May 22 - June 21  
Why are some people so irritable? You won't change them, so don't waste time trying. Today's influences will bring out the worst in those who lack self-control, but it will bring out the best in you.

**Cancer** June 22 - July 23  
The weather in your neck of the cosmic woods may get a bit blowy today but the long-term forecast is good, so sit tight and ride out the storm. Come the weekend your world will be a brighter and sunnier place.

**Leo** July 24 - Aug. 23  
You may be eager to show what you can do but you would be wise not to rush things. If you act too soon, you may only get half what you could have earned if you had waited a day.

**Virgo** Aug. 24 - Sept. 23  
Have a clear idea of what it is you are aiming for, otherwise you will waste a lot of time and energy on things that don't matter. Make a conscious decision not to get carried away.

**Libra** Sept. 24 - Oct. 23  
It may seem as if all sorts of things are going wrong at the moment but it isn't true — relatively speaking your life is a huge success. If you want to be inspired take a look at those who really do have to struggle to get things done.

**Scorpio** Oct. 24 - Nov. 22  
Listen to friends today. They have a wealth of experience that can be used to sidestep the pitfalls that will appear along your path.

**Sagittarius** Nov. 23 - Dec. 21  
You can make a name for yourself but only if you are prepared to give up the things that are holding you back. Anything that takes up too much of time, or money, must go.

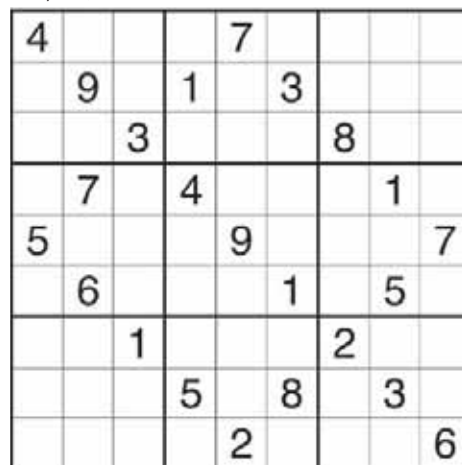
**Capricorn** Dec. 22 - Jan. 20  
If you're planning a trip check and make sure there's nothing that could hold you back. Allow more time for your journey. You'll reach your destination but it may take a while.

**Aquarius** Jan. 21 - Feb. 19  
Is there some kind of conspiracy that is stopping you from reaching your goal? Maybe there is but more likely it's just your mind playing tricks on you. By all means be wary but don't make accusations.

**Pisces** Feb. 20 - March 20  
It is inevitable that you will encounter some kind of resistance. It may be emotional resistance or it may be physical but either way you'll have to find an alternative route.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2013 Conceptis Puzzles. Dist. by King Features Syndicate, Inc.

**Tell us how you really feel.**

Join our online reader panel and help make your Metro even better.  
[metronews.ca/panel](http://metronews.ca/panel)

## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

**for more fun and games go to**  
[metronews.ca/games](http://metronews.ca/games)



# Smoke-less

Halifax (Lacewood Plaza)  
70 Lacewood Drive  
Suite 135  
Halifax, NS, B3M 2P1  
902.460.8963

Dartmouth (Woodlawn Plaza)  
112 Woodlawn Road  
Suite 102  
Dartmouth, NS, B2W 2S7  
902.444.4132

[www.smokelessonline.com](http://www.smokelessonline.com)



MADE FOR [ NEW BEGINNINGS ]

OFFER ENDS FEB 29



UP TO  
**0%** FINANCING FOR UP TO 60 MONTHS\*  
+ **\$4,000** IN DISCOUNTS\*  
ON SELECT MODELS  
+  
**DON'T PAY FOR 90 DAYS\***  
ON ALL MODELS



Sorento SX Turbo AWD shown†



AUTOMOBILE JOURNALISTS  
ASSOCIATION OF CANADA  
**BEST NEW SUV**  
(\$35,000 - \$60,000)



2015 SORENTO  
"HIGHEST RANKED MIDSIZE  
SUV IN INITIAL QUALITY IN THE  
U.S." BY J.D. POWER.

## THE ALL-NEW 2016 SORENTO 2.4L LX FWD

STANDARD FEATURES:  
HEATED FRONT SEATS  
BLUETOOTH® CONNECTIVITY

**AWD** AVAILABLE  
**ALL-WHEEL DRIVE**

THAT'S LIKE  
PAYING ONLY  
**\$60**  
WEEKLY‡

LEASE FROM **\$262**/MO\*  
\$1,900 DOWN AT **1.9%** APR FOR 60 MONTHS\*

INCLUDES \$500 IN DISCOUNTS\* | PLUS \$500 COMPETITIVE BONUS\*\*



## THE NEW 2016 SPORTAGE LX MT

THAT'S LIKE  
PAYING ONLY

**\$46** LEASE FROM **\$198**/MO\* \$1,950 DOWN AT **1.9%** APR FOR 60 MONTHS\*  
WEEKLY‡

INCLUDES \$500 IN DISCOUNTS\* | PLUS \$500 COMPETITIVE BONUS\*\*

STANDARD FEATURES:  
HEATED FRONT SEATS  
BLUETOOTH® CONNECTIVITY

**AWD** AVAILABLE  
**ALL-WHEEL DRIVE**

2016 AWD SPORTAGE



Sportage SX Luxury shown†



### HEATED EVERYTHING

The new year is no time for frostbite. Great available heated features like these will help you power through winter.



## THE NEW 2016 RIO LX MT

THAT'S LIKE  
PAYING ONLY

**\$23** LEASE FROM **\$99**/MO\* \$1,605 DOWN AT **0%** APR FOR 60 MONTHS\*  
WEEKLY‡

INCLUDES \$1,500 IN DISCOUNTS\*

AVAILABLE FEATURES:  
HEATED FRONT SEATS | REARVIEW CAMERA

Rio SX AT with navigation shown†

Clef d'or "Best in Class"  
**L'ANNUEL DE L'AUTOMOBILE 2016**



The Power to Surprise



**WE'VE GOT YOU COVERED**  
\*5-year/100,000 km worry-free comprehensive warranty.



Atlantic KIA dealers  
for Atlantic drivers.

See [kia.ca](http://kia.ca) for more

Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from February 2 to 29, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments exclude delivery and destination fees up to \$1,725, \$100 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees, fuel-fill charges up to \$100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. \*0% financing for up to 60 months plus up to \$4,000 discount available on select 2015/2016 models. Discount is deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. Representative Financing Example: Financing offer available on approved credit (OAC), on a new 2015 Optima LX AT with sunroof (OP143F) with a selling price of \$26,395 is based on monthly payments of \$370 for 60 months at 0% with a \$0 down payment and first monthly payment due at finance inception. Offer also includes \$4,000 discount (loan credit). Other taxes, registration, insurance and licensing fees are excluded. \*\*Don't Pay For 90 Days\*\* on all models (90-day payment deferral) applies to purchase financing offers on all new 2015/2016 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends February 29, 2016. Representative Leasing Example: Lease offer available on approved credit (OAC), on the 2016 Rio LX MT (R0541G)/2016 Sorento 2.4L LX FWD (SR754G)/2016 Sportage LX MT FWD (SP551G) with a selling price of \$14,295/\$27,495/\$22,995 (including \$1,500/\$500/\$500 lease credit discounts) is based on monthly payments of \$99/\$262/\$198 for 60 months at 0%/1.9%/1.9%, with \$0 security deposit, \$1,605/\$1,900/\$1,950 down payment and first monthly payment due at lease inception. Total lease obligation \$5,963/\$15,708/\$11,864 with the option to purchase at the end of the term for \$4,717/\$10,448/\$9,428. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). \*\*\*\$500 Competitive Bonus offer available on the retail purchase/lease of any new 2016 Sportage and 2016 Sorento from participating dealers between February 2 to 29, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Mitsubishi, Hyundai, Honda, GM, Ford, Jeep, Pontiac, Saturn, Chrysler, Chevrolet, Subaru, BMW, Mercedes-Benz, Lexus, Land Rover, Infiniti, Acura, Audi, Lincoln, Volvo and Buick vehicles. Some conditions apply. See your dealer or [kia.ca](http://kia.ca) for complete details. †Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. Model shown Manufacturer Suggested Retail Price for 2016 Sorento SX Turbo AWD (SR751G)/2016 Sportage SX Luxury (SP759G)/2016 Rio SX AT with navigation (R0749G) is \$42,095/\$38,495/\$22,595. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. The Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study™. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit [jdpower.com](http://jdpower.com). The 2016 Rio was awarded with the Clef d'or "Best in Class" by L'Annuel de l'Automobile 2016. Visit [www.annuelauto.com](http://www.annuelauto.com) for all the details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program ([www.SaferCar.gov](http://www.SaferCar.gov)). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit [kia.ca](http://kia.ca) or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.